

Snack Tips

Children need snacks:

- To stay healthy
- To prevent hunger
- For good growth

You should plan snacks:

- Low in salt
- Low in fat
- Low in sugar

More Tips

- Offer snacks up to three times a day.
- Offer fresh or canned fruits instead of “sweets.”
- Brush teeth or rinse with water after snacking.



Fruit Salsa with Cinnamon Tortilla Chips

Makes 2 ½ cups of salsa and 80 chips

Fruit Salsa

- 1 cup chopped fresh strawberries
- 1 medium orange, peeled & chopped
- 3 kiwi fruit, peeled and chopped
- 1 can (8oz) crushed pineapple, drained
- 1 Tbs lemon juice
- 1 ½ tsp sugar
- In a bowl, combine all ingredients.
- Cover and refrigerate until served.

1. Let kids use a plastic knife to cut up the fruit.
2. Kids love to pour and mix ingredients.
3. Be sure they help with clean up.



Cinnamon Chips

- 10 whole wheat tortillas
- ½ cup sugar
- 1 tsp ground cinnamon
- Butter flavored cooking spray
- Pre-heat oven to 350°F
- Lightly spray tortillas with cooking spray.
- Cut each tortilla into eight wedges.
- Combine sugar and cinnamon and sprinkle over tortillas.
- Place them on an ungreased baking sheet.
- Bake for 5-10 minutes or just until crisp.

snacks for super kids



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Offer a variety of:



Remember: Portion size for kids: ages 1-3 up to ¼ cup and ages 4-5 up to ½ cup
Offer snacks up to three times a day.

Textures

Soft and Creamy:

- low-fat yogurt
- low-fat cottage cheese

Crispy and Crunchy:

- apple slices
- dry cereal
- graham crackers

Juicy:

- peach
- tomato
- orange

Liquids:

- 1% or fat free milk
- soup
- water
- vegetable juice



Shapes

Sticks:

- carrot
- celery
- cucumber (unpeeled)

Cubes:

- low-fat cheese
- melon

Rings:

- pineapple

Wedges:

- citrus
- hard boiled egg

Slices:

- cucumber
- tomato



Temperatures

Warm:

- cocoa
- soup
- grilled cheese sandwich

Room Temperature:

- canned fruits packed in juice



Cold:

- 1% or fat free milk
- vegetables
- low-fat cottage cheese

Frozen:

- pudding
- low-fat yogurt
- homemade 100% juice popsicles



Colors

Orange:

- tangerines
- cantaloupe
- mango
- carrots

Green:

- kiwi
- honeydew
- celery



Red:

- watermelon
- strawberries
- red bell pepper

Yellow:

- canned pears packed in juice
- pineapple

Blue/Purple:

- blueberries
- blackberries
- grapes



Caution! Children under age 2 may choke on:

Round Foods:

- sliced hotdogs
- hard candies
- grapes
- raisins



Hard or Sticky Foods:

- popcorn
- nuts
- gum
- peanut butter
- marshmallows



Raw Vegetables:

- carrots
- broccoli
- cauliflower
- celery

